



Cyber Security Awareness Series, Part 1

This series will include information and tips to keep in mind when using any Internet connected services or even in screening phone calls.

There is an abundance of scammers out there and it's important to know how to identify them. We'll address Social Media apps, Email Spam and Telemarketing in this series and how to best protect yourself.

It's important to be able to tell the difference between your account being impersonated or it being hacked. When your account is **Hacked**, that means that someone has your username and password and can freely login to your account and use it as they please. Getting hacked, can apply to email, social media or any other type of online account – banking, Netflix, etc.

When your account is **Impersonated**, someone creates a new account with your name on it, sometimes will copy your photos and posts, and try to friend or connect to your existing friends to make believe you created a new account. This happens often in social media, especially, Facebook. Impersonation happens so fake account holders can dupe your friends into sharing more information with them so they can use it unscrupulously.

How to Prevent or limit the ability of hacking.

The best way to prevent or limit one's ability to hack your account is to use what is called a "strong" password. Passwords can get crazy complicated and ugly. The more complicated and ugly they are to humans, the more secure they are. Here are some tips to help you create both a strong password, but not let it get out of control.

Don'ts

Don't Use your name, birthday or social security number in your passwords

Don't Use your pet or children's names in your passwords

Don't Use any word that could be normally, or publicly known and associated with you.

Never send your password via email

Never tell anyone over the phone or online what your password is.

If you want to tell a trusted person what your password is, text it to them or tell them what it is. Any email or online service could potentially enable your password to be compromised.

Do not save your passwords in a file on your computer, unless they are saved in an encrypted form. Don't use notepad, or word, or excel. Use a program like keepass.info, where you can save your account information and it will be encrypted and protected with a password. If your computer gets hacked, or compromised, your account information is still secure.

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Veterans Day Parade November 11

Plans are underway for our section of this years San Jose's Veterans Day Parade. This year November 11 falls on a Friday, so the parade will be on Friday. I am hoping that it will be the biggest one yet for us. However, **Gerald Poarch**, who led our section with his little Red Fire Engine, passed away this year and of course will not be in it nor will we be able to use his fire engine, since he lived in south California. But it seems as if we lucked out. True Fellowship Lodge, recently initiated a new member, **Andrew Crockett**, who owns a well polished shinny antique car, which he agrees to have his wife, **Jane Beckman**, to drive his car and lead out section of the parade.

Now the next problem we ran into is that Debbie and Ben Shuler, planned their month long trip to Australia, during the same time the parade is. So lucky we had other members from True Fellowship lodge that would be in the parade, so we would still be able to use their lodge as a starting point.

We hope that the Odd Fellows and Rebekah Banner will be carried by some youth since there is no longer the Theta Rho girls club or any youth groups in California any more. We again invite all our Odd Fellow leaders of all our different branches to partake in the parade with us. Anyway, please plan on being in the parade this year and look at next month's article in the November Triple Links for more information on the Parade. Let's make this years Parade the Biggest ever.

By *Don Lang, editor*

Cupertino Lodge Octoberfest

I am sad to say that there will be no Cupertino Lodge Octoberfest this year. We just have not fully recovered from COVID 19 yet. We thought it would be better if we waited another year before we go back to having the large gathering of people by having the Octoberfest. There is so much work it setting this up each year and if it results in so many members and friends not showing up or worse yet, if they do come and many wind up getting COVID 19, that would be terrible. So we will be safe rather than be sorry.

There also will not be a October social on the third Monday, Oct 17th. So hope to see everyone in November.

By *Don Lang, editor*

Silicon Valley Odd Fellows

Life Line Screening, Oct 14

Life Line Screening, the nation's leading provider of preventive health screenings, will offer affordable, non-invasive and painless health screenings at Odd Fellows Cupertino Lodge 70 on **Friday, October 14, 2022**. A package of five screenings to identify risk for stroke, heart disease and other chronic conditions will be offered:

Carotid Artery Screening (Plaque)

An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.

Peripheral Arterial Disease Screening

An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.¹

Abdominal Aortic Aneurysm (AAA)

An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a serious medical emergency.

Atrial Fibrillation

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.²

Osteoporosis Risk

An ultrasound is performed to measure the shin bone for abnormal bone mass density. This can help assess the risk of osteoporosis, a disease where bones become weak and brittle.

These 5 vital screenings are offered for only \$149 and take 60-90 minutes to complete. If you register today, you will receive a \$10 discount.

Register by calling toll free 1-888-653-6441 or text the word "circle" to 797979.

By **Don Lang, editor**

Thyroid Health:

6 THINGS TO KNOW



Roll Call Dinner Big Success

Our Cupertino Lodge Roll Call Dinner, which was held on September 19, was a great success, with about 35 members and their families attending. Simona, Vice Grand, and her crew, made sure that the room was set up nicely, using the round tables and the nice linen table cloths. Golden Harvest, again was our caterer and had our favorite menu, Poached Salmon, Roast Chicken, Meat Loaf, Whipped Potatoes w/ gravy, Green Beans, Fresh cut Corn, dinner rolls w/butter, Green Salad w/dressing. For dessert we had choice of Cheese cake, Red Velvet cake, Carrot Cake or Egg Claire's. We did not have ice cream, because when we got at lodge, we noticed that the circuit breaker in the kitchen was blown, and there was no electricity to any of the refrigerators or freezers. So the ice cream which we had was all melted. Simona had her husband Roy, bring some packages of ice, to put all the drinks in to keep cool.

After dinner, I read a funny poem about a newly retired man who went and bought an RV and took it on his first trip with his wife. Later on, Mark St John, our Financial Secretary, read the roll call, while having the name displayed on our huge screen with the year they were initiated. If they were there they said a few words, and if they were not there, someone mentioned something about them, like how they were doing. We were able to use and pass around portable microphones so everyone could hear. This time it seemed like many of the newer members got to learn about other members who they never got to see before.

Oh, we also had live entertainment. As we entered the dining room, Les Wong, Ron Myres, Jim Kabage and two of their band members were playing Hawaiian music. They also entertained us later on in the program with some popular songs.

All and all we all enjoyed ourselves, and we were reminded that in a year and a half we will be celebrating our 125 year anniversary in April, and be having a special party ceremony.

By **Don Lang, editor**



Kani Ka Pila

Let's Make Music!



Lodge 70's Kani ka pila "Let's Make Music!"

Please join us in making some music at our next **Kani Ka Pila** on **Wednesday, October 26th**. 6pm to 9pm at the lodge dining room and 6:45 to 9pm on Zoom. \$5 Suggested donation from lodge present, non-members requested.

Come share your aloha by playing your favorite musical instrument, signing, tapping your toe, or just making new friends. Song charts are projected on the screen and led by a house band.

Please watch out for our **Special Christmas and New Year's Kani Ka Pilas** on Wednesday, November 30th and Saturday, December 31st in the lodge dining room. These special events are in lieu of our monthly, 4th Wednesday of the month gathering.

For more information, go to cupertinooddfellows.org/kanikapila.

About the Kani Ka Pila

Member **Les Wong** wanted a place that people could learn and play Hawaiian songs together. He had started in a small Hawaiian restaurant in Sunnyvale called Da Kine in 2011, with 8 people sitting around a table taking turns choosing songs for the group to play. When Da Kine changed locations, Les moved the event to Cupertino's New Port Restaurant, then a Falafel Restaurant, Queensborough Pool House, and finally to Lodge 70. Today, Lodge 70 hosts a monthly event called Kani ka pila, which is Hawaiian for a gathering to make music.

Kani ka pila helps showcase the Lodge and attract potential members. A Zoom option is open to those who prefer to join in virtually, including some out-of-state music lovers. Pre-Covid participants numbered up to 70. Currently, close to 25 in-person and 25 Zoom participants happily strum 'ukuleles or guitars and other instruments, dance hula, or just sing along to songs projected on a large screen. Les welcomes all who wish to participate in Kani ka pila, which occurs **every 4th Wednesday of the month at 6:00 p.m. in-person and 6:45 in Zoom**. Contact Les at les.maverick@gmail.com get on his mailing list and to join in the fun!

By *Jim Kabage*

Dos

Keep the password over 8 characters long (letters, numbers or special characters).

Use unassociated words connected together – ex: capsulegreentable

Use difference letter cases. Pick a pattern you'll remember. First letter of each word is capital – ie CapsuleGreenTable. Or the Last letter in caps ex: capsuleGreeNtable

Replace letters with numbers or special characters in your password – ie O with 0 (zero); E with 3, A with @, S with 5, I (eye) with 1 (one), etc. Be consistent with the replacements so you know you replace all of the same letters with the same replacement character to make it easier for you to remember. – ex- C@psul3Gr33nT@bl3

Lastly, you could place special characters (\$, %, !,) in between words or at the end of your password. Ex - C@psul3\$Gr33n\$T@bl3!

Final thoughts. There are a lot of different techniques you can apply and not all were suggested here. You should pick a set of patterns or replacements you want to use, and then stick with them. When you change your password, you can change the 3 or so words you choose, but then apply the same replacements to help make it more secure. So C@psul3\$Gr33n\$T@bl3! When replaced with a new password could be something like Phon3\$box\$K3y! with the new words, Phone Box and Key.

As long as you can remember the words you chose, and the replacement patterns you want to use, then remembering your password should be easy and your password will be strong. Use a program like keepass.info, where you can save your account information and it will be encrypted and protected with a password. If your computer gets hacked, or compromised, your account information is still secure.

In Part II, we'll discuss how to best secure your social media accounts to help prevent or minimize the possibility of being impersonated

By *Jim Kabage*